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Yang et al.

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(54) **APPARATUS, SYSTEM, AND METHOD FOR A FITNESS STICK**

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This patent is subject to a terminal disclaimer.

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(57) **ABSTRACT**

An apparatus and system are disclosed for a fitness stick. The apparatus includes an elongated rod, a first track, and a second track. The elongated rod has a center point, a first end, and a second end. The first track extends helically away from the center point along an outer surface of the elongated rod toward the first end. The second track extends helically away from the center point along the outer surface of the elongated rod toward the second end. The first track extends helically around the outer surface of the elongated rod in a first rotational direction and the second track extends helically around the outer surface of the elongated rod in a second rotational direction. The second rotational direction is opposite from the first rotational direction.

12 Claims, 11 Drawing Sheets

